
13वीं एस.ए.सी. - सीसीआरवाईएन / 13TH SAC - CCRYN

CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY (CCRYN)

**Minutes of the 13th Scientific Advisory Committee (SAC) of the Council held on 06.08.2025
from 2PM onwards (Hybrid mode)**

The 12th meeting of the Scientific Advisory Committee (SAC) of CCRYN was held on **06.08.2025** at CRIYN Jhajjar., Haryana from 02:00 PM onwards on hybrid mode under the Chairmanship of Dr. H.R Nagendra, Chancellor, SVYASA University, Bengaluru.

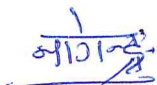
The following members attended the meeting in person:

Dr. H.R. Nagendra Chancellor, SVYASA, Bangalore	- Chairman
Dr. N. K. Manjunath Prof. & Research Director, SVYASA	- Member
Dr. D. N. Sharma Aditya Naturopathy Hospital and Research Institute, Kichha	- Member
Dr. Ganesh Shankar Giri, Prof. & HOD, Dr. Harisingh Gour Central University, Sagar (MP)	- Member
Dr. Navdeep Joshi Founder, Navyoga Gram	- Member
Dr. Piyush Ranjan Professor, Dept. of Medicine, AIIMS, New Delhi	- Member
Dr. Raghavendra M. Rao Director, Central Council for Research in Yoga & Naturopathy	- Member Secretary

The following member did not attend the meeting:

Dr. Balakrishnan Menon Director Professor, V. P. Chest Institute, University of Delhi, Delhi	- Member
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Director, CCRYN and Member Secretary, Scientific Advisory Committee (SAC) welcomed the Chairman and Members of the Committee. He briefed about various activities of the Council. Thereafter, the agenda items were taken up for discussion.



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Agenda Item No. 13.01

TO CONFIRM THE MINUTES OF 12th MEETING OF SCIENTIFIC ADVISORY COMMITTEE (SAC) HELD ON 20.03.2024

The minutes of the 12th Scientific Advisory Committee (SAC) meeting were circulated to all members in advance. As no comments or objections were received, the minutes were accepted unanimously.

The Committee accordingly confirmed the minutes of the 12th SAC meeting held on 20.03.2024.

Agenda Item No. 13.02

ACTION TAKEN REPORT ON THE RECOMMENDATIONS OF SCIENTIFIC ADVISORY COMMITTEE (SAC) IN ITS 12th MEETING HELD ON 25.07.2024

The Director, CCRYN explained the action taken report following the last meeting. The Committee reviewed the Action Taken Report (ATR) on the recommendations made during the 12th meeting of the Scientific Advisory Committee (SAC) held on 25.07.2024.

The members noted the actions taken with satisfaction and expressed appreciation for the timely implementation of the recommendations.

The Committee accepted the Action Taken Report.

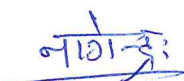
Agenda Item No. 13.03

To Consider The 4th Year Progress (2024-25) Report submitted by Collaborative Centre for Mind-Body Interventions Through Yoga (CCMBIY), established at PGIMER, Chandigarh.

Dr. Akshay Anand, Professor In-charge of the CCRYN Collaborative Centre for Mind-Body Interventions through Yoga (CCMBIY) at PGIMER, Chandigarh, presented the 4th year (2024-25) progress report of the Centre. He highlighted key research outcomes, initiatives undertaken during the year, and progress made under various ongoing projects as per the objectives of the collaborative scheme.

The Committee acknowledged the Centre's consistent efforts in advancing research on mind-body interventions through Yoga, and appreciated the contributions made by the team during the fourth year of the scheme. Committee also noted that CCRYN personnel should also be coauthors in the publications from CMBIY and all papers should acknowledge CCRYN

After a detailed review and discussion, the Committee recommended accepting the 4th year progress report. It further recommended that the Council may proceed with the release of funds for the 5th and final year of the scheme, as per its provisions.



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Agenda Item No.13.04

To Consider The 4th Year Progress (2024-25) Report submitted by Collaborative Centre for Mind-Body Interventions Through Yoga (CCMBIY), established at AIIMS, Rishikesh, UK.

Dr. Vartika Saxena, In-charge of the CCRYN Collaborative Centre for Mind-Body Interventions through Yoga (CCMBIY) at AIIMS, Rishikesh, delivered a presentation on the ongoing research activities and the overall progress made during the third year (2024-25) of the scheme.

The Committee reviewed the progress report and noted the research efforts undertaken by the Centre. However, it was observed that several publications listed in the report did not acknowledge CCRYN's support, and some of the publications cited did not appear to be authored by the CCRYN-CCMBIY team. The Committee expressed concern regarding this lack of attribution and requested the Centre to ensure proper acknowledgment of CCRYN in all future research outputs.

Additionally, the Director of CCRYN, along with other members, emphasized the need to complete the deliverables as per the approved objectives and guidelines of the scheme. Given the limited time remaining under the 5-year duration, the Centre was advised to expedite implementation and ensure timely submission of outcomes. The committee also approved no cost extension for a year.

After detailed discussion, the Committee recommended accepting the 4th year progress report, subject to rectification of the above concerns. It was further recommended that the release of funds for the next year may be considered upon submission of the Utilization Certificate (UC)

Agenda Item No.13.05

To Consider The 4th Year Progress (2024-25) Report submitted by Collaborative Centre for Mind-Body Interventions Through Yoga (CCMBIY), established at AIIMS, Raipur, C.G.

Dr. Vikram Pai, Professor In-charge at the CCRYN Collaborative Centre for Mind-Body Interventions through Yoga (CCMBIY) based at AIIMS Raipur, Chhattisgarh, presented the research advancements of the Centre. The Director of CCRYN, along with other members, emphasized the urgent need to complete all deliverables in accordance with the approved objectives and guidelines of the scheme. Given the limited time remaining in the 5-year duration, the Centre was advised to expedite implementation and ensure timely submission of outcomes. The SAC Committee recommended that the Centre focus on fulfilling all deliverables and actively

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utilize the resources to achieve the scheme's objectives, including initiatives such as the MBM Fellowship.

Following an in-depth discussion, the Committee suggested accelerating the project activities and expressed the need for AIIMS Raipur to increase its research publications. It was further noted that among all three CCMBIY centres, AIIMS Raipur has the least number of quality publications, and therefore, the Centre must focus on enhancing the quality and quantity of its research outputs.

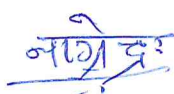
The Committee also expressed concern that while five projects are to be undertaken under the scheme, AIIMS Raipur has currently opted for only three projects, leaving two pending.

In response to Dr. Vikram Pai's request for an extension of the CCMBIY scheme at AIIMS Raipur, the Committee noted that a no-cost extension is permitted for a year.

Agenda Item No.13.06

TO CONSIDER THE YEARLY PROGRESS (2024-25) REPORTS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH

S . N o	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Effect of Common Yoga Protocol on brain function in healthy adults: A Randomized Controlled Trial in Pune, India.</p> <p>PI: Dr Sarika Chaturvedi, Senior Scientist, Dr D Y Patil Vidyapeeth, Pune</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p>	<p>Dr. Prajwal Rao, Associate Professor, Department of Neurology, Dr. D Y Patil Vidyapeeth, Pune, presented the progress report on behalf of the Principal Investigator (PI), Dr. Sarika Chaturvedi. The project focuses on assessing the effect of the Common Yoga Protocol on brain function in healthy adults through a randomized controlled trial.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• The Committee reviewed and accepted the progress report after detailed discussion.• It was noted that the final project report and related publication(s) are still pending.• The PI requested a no-cost extension for the project, which the



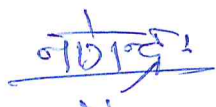
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		<p>Committee approved for six months.</p> <ul style="list-style-type: none">• The Committee suggested comparing the findings with existing research on meditation, as the current outcomes appear to show similarities.• Dr. Manjunath recommended further exploration of brain regions responsible for inhibitory responses and investigating the mechanisms through which the brain "switches off." This, he noted, would help identify specific areas deactivated by yoga and meditation practices, thereby enriching the study's findings.• The Committee approved the completion of the study by Dr. Sarika Chaturvedi and granted an additional six-month no-cost extension to finalize the project report and publications.• The Committee also agreed to the continued engagement of the yoga instructor for the extended period to support the completion of the remaining deliverables.
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2	<p>A randomized control trial of six months of Yoga based comprehensive treatment module vs. standard therapy in improving severity of symptoms, disability and quality of life in patients with medically unexplained physical symptoms.</p> <p>PI: Dr. Piyush Ranjan, Prof., Dept. of Medicine, AIIMS, New Delhi</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p> <p>Co-I: Dr. Raj Kumar Yadav, Dept. of Physiology, AIIMS, New Delhi Dr. Gauri Shankar Kaloiya, Dept. of Psychiatry, AIIMS, New Delhi Dr. Kaushik Sinha Deb, Dept. of Psychiatry, AIIMS, New Delhi Dr. Upendra Baitha, Dept. of Medicine, AIIMS, New Delhi</p>	<p>PI: Dr. Piyush Ranjan, Professor, Department of Medicine, AIIMS, New Delhi, presented the progress report of the project titled: “A Randomized Control Trial of Six Months of Yoga-Based Comprehensive Treatment Module vs. Standard Therapy in Improving Severity of Symptoms, Disability, and Quality of Life in Patients with Medically Unexplained Physical Symptoms.”</p> <p>Dr. Ranjan provided an update on the current status of the study and requested a one-year no-cost extension to complete the recruitment of the remaining 50 participants. The Committee acknowledged the significance of the research and appreciated the novelty of the study design.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• The Committee reviewed and accepted the progress report presented by the PI.• The project was appraised as novel and innovative, with the Committee expressing expectations for quality publications resulting from the study.• The Committee approved the PI’s request for a no-cost extension until 30th September 2026 to allow for the completion of patient recruitment and related activities.• The Committee approved the carry forward of unutilized contingency and travel grants from the 1st and 2nd years to the 3rd year.• The Committee also instructed that the original Utilization Certificate (UC) must be submitted prior to further release of funds.
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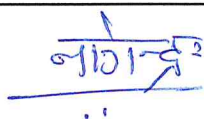
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<p>3</p>	<p>To explore the effects of Yoga and Pulmonary Rehabilitation in patients with Interstitial lung disease and examine their molecular basis</p> <p>PI: Dr Vishal Bansal, Head of the Department & Professor, Department of Physiology Vallabhbai Patel Chest Institute, University of Delhi-110007</p> <p>CO-PI: Dr. Raghavendra Rao M, Director, CCRYN, New Delhi 58</p> <p>CO-I: Dr. Aastha Mishra, Senior Scientist, CSIR-Institute of Genomics & Integrative Biology, Mall Road, Delhi-110007</p>	<p>PI: Dr Vishal Bansal, Head of the Department & Professor, Department of Physiology Vallabhbai Patel Chest Institute, University of Delhi presented the Progress report of the project “To explore the effects of Yoga and Pulmonary Rehabilitation in patients with Interstitial lung disease and examine their molecular basis”.</p> <p>Committee Recommendations:</p> <p>The PI requested reappropriation of funds for the purchase of a mouthpiece to conduct Pulmonary Function Tests (PFT). The PI also requested permission to carry forward unutilized funds. An extension of the project duration until 31st March 2027 was requested. The Committee granted permission for all the above requests. After detailed discussion, the Committee recommended accepting the progress report.</p>
<p>4</p>	<p>To study the effect of yoga therapy in reducing the pain, improving walking time and quality of life in the management of Osteoarthritis of Knee – A two arm randomized prospective control study.</p> <p>PI: Dr. Sujatha George, (Y&N) Physician, Yoga & Naturopathy OPD, Safdarjung Hospital, New Delhi. Dr. Loveneesh G. Krishna, Director Professor, Orthopedics (CIO) Safdarjung Hospital, New Delhi.</p> <p>CO-PI: Dr. Raghavendra Rao M, Director, CCRYN, New Delhi 58</p>	<p>PI: Dr. Sujatha George, Yoga & Naturopathy Physician, Yoga & Naturopathy OPD, Safdarjung Hospital, New Delhi, presented the progress report of the project titled: “To Study the Effect of Yoga Therapy in Reducing Pain, Improving Walking Time and Quality of Life in the Management of Osteoarthritis of the Knee – A Two-Arm Randomized Prospective Control Study.”</p> <p>Dr. Sujatha George apprised the Committee that the study on osteoarthritis had been completed, and the publication is currently pending.</p> <p>It was further informed that a similar study is being conducted as a multicentric trial in collaboration with the Central Council for Research in Homoeopathy (CCRH). To support the upcoming phase, the PI requested permission for the purchase of small equipment including a goniometer,</p>

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		<p>muscle tester, and back & leg dynamometer 4 nos for 4 sites .</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• The Committee reviewed and accepted the progress report after detailed discussion.• The Committee noted the completion of the osteoarthritis study, with only the publication pending.• The Committee was apprised of the multicentric study in collaboration with CCRH.• The Committee agreed to support the continuation of the study and approved the procurement of essential small equipment like goniometer, muscle tester and back and leg dynamometer The committee agreed to do the study.
5	<p>Effect of Yoga on cognitive function, activities of daily living, self-reported depression and HRV in subjects with Vascular Dementia.</p> <p>PI: Dr. Mina Chandra, HoD, Dept. of Psychiatry, Dr. RML Hospital, Delhi</p> <p>CO-PI: Dr. Raghavendra Rao M, Director, CCRYN, New Delhi 58</p>	<p>PI: Dr. Mina Chandra, Head, Department of Psychiatry, Dr. RML Hospital, New Delhi, presented the progress report of the project titled: "Effect of Yoga on Cognitive Function, Activities of Daily Living, Self-Reported Depression, and Heart Rate Variability (HRV) in Subjects with Vascular Dementia."</p> <p>Dr. Mina Chandra informed the Committee that the research phase of the project has been completed. However, work on the final report and related publication articles is still ongoing. A request for a no-cost extension was placed to allow time for completing the publication process.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• The Committee reviewed and accepted the progress report after detailed discussion.

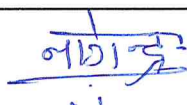


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		<ul style="list-style-type: none"> The Committee approved the requested no-cost extension to enable completion of the final report and associated publications.
6	<p>Yoga in Pulmonary hypertension: Open label, multicentric RCT Dr. Prashant Bhubate, Kokilaben Dhirubhai Ambani Hospital, Mumbai</p>	<p>The Director, CCRYN briefed the Committee about the current status of the project, informing that the sanction has been released recently, and recruitment of the required manpower is currently in progress.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none"> The Committee took note of the initial progress made in the pulmonary hypertension study and acknowledged the ongoing recruitment phase.

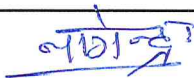
CYP STUDIES

S N o	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Understanding the effect of Common Yoga Protocol on immune function by functional & metabolic characterization of innate immune cells. PI: Dr. Amit Prasad, IIT-Mandi CO-PI: Dr. Raghavendra Rao M, Director, CCRYN, New Delhi 58 CO-PI: Dr. Milan Behi</p>	<p>Co-PI: Dr. Raghavendra Rao M, Director, CCRYN, presented the progress report of the project titled: “Understanding the Effect of Common Yoga Protocol on Immune Function by Functional and Metabolic Characterization of Innate Immune Cells.”</p> <p>Due to power cuts and inclement weather at IIT Mandi, Dr. Amit Prasad, PI of the project, was unable to present the report in person. On his behalf, Dr. Raghavendra Rao apprised the Committee of the status</p>


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		<p>of the study, confirming that the research component has been completed.</p> <p>A request was placed for a six-month no-cost extension to allow time for finalizing and publishing the study outcomes.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• The Committee took note of the circumstances and acknowledged the completion of the research phase.• The Committee approved a six-month no-cost extension to facilitate the completion of publications.
2	<p>The efficacy of AYUSH Common Yoga Protocol in the new training recruits of police department, Occupational stress, neurophysiological, neuropsychological and molecular signature analysis.</p> <p>PI: Dr. Pramod K Avti PGIMER, Chandigarh</p> <p>CO-P: Dr. Akshay Anand, PGIMER, Chandigarh</p> <p>CO-PI: Prof. (Dr.) Ashish Bhalla</p>	<p>PI: Dr. Pramod K. Avti, PGIMER, Chandigarh, presented the progress report of the project titled: “The Efficacy of AYUSH Common Yoga Protocol in the New Training Recruits of Police Department: Occupational Stress, Neurophysiological Neuropsychological, and Molecular Signature Analysis.”</p> <p>Dr. Avti provided an update on the current status of the study. It was noted that there had been delays in achieving certain project deliverables, primarily due to the shortage of manpower.</p> <p>Committee Recommendations:</p> <ul style="list-style-type: none">• After an in-depth discussion, the Committee suggested that Dr. Pramod Avti send the biological samples to CCRYN, Jhajjar, for completing the ELISA assessments.• The Committee acknowledged the delay in project milestones due to staffing constraints.• The Committee accepted the progress report.



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		<ul style="list-style-type: none">The Committee recommended recruiting the required manpower, in consultation with and with the approval of the Director, CCRYN, to ensure timely completion of the remaining work.
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Agenda Item No. 13.07

TO CONSIDER THE RESEARCH PROJECTS UNDER COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY) IN CCRYN AT AIIMS RAIPUR, RISHIKESH AND PGIMER

S. No. Title of the Proposed Research Projects and Name of PI Recommendations of SAC Committee

**AIIMS
Raipur –
02 Projects**

- 1 A Prospective, Multi-centric, Randomised Controlled Trial to Compare and Evaluate the Effects of Pulmonary Rehabilitation and Yoga on Functional Parameters in Patients with Interstitial Lung Disease. Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested with the Director, CCRYN for proposal submission with the financial implication of Rs. XX. This is the same study being done at VPCI and additional funds are required for lab tests.
- 2 Effect of Adjuvant Yoga Therapy Compared to Stand-Alone Medical Management on Quality of Life and Nasal Airway Patency in Patients with Allergic Rhinitis: A Randomized Controlled Trial Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested by the Director, CCRYN. Also suggested to buy a Rhinomanometer for upper airway resistance for the study

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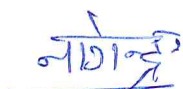
03 Projects

- 3 Effectiveness of "Healthy Breast–Mind Body Medicine Program" (HB-MBMP) in Addition to Standard Care in Young Female Breast Cancer Patients on Sleep Quality, Circadian Rhythm (HPA Axis Regulation), and QoL: An Open-Label Double-Arm RCT Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested by the Director, CCRYN.
A budget of **Rs. 15,00,600/-** was approved.
- 4 Effectiveness of Add-on Yoga Therapy Compared to Standard Care on Severity of Disease and Quality of Life in Individuals with Atopic Dermatitis: A Pilot Study Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested by the Director, CCRYN.
A budget of **Rs 9,10,000/-** was approved.
- 5 Effect of Yoga Therapy on Suppressor of Cytokine Signaling (SOCs) Gene Expression in Children with Asthma: A Prospective Randomized Controlled Trial Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested by the Director, CCRYN.
A budget of **Rs. 8,00,000/-** was approved.

PGIMER

Chandigarh

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- 6 A Mixed Method Study on the Evaluation and Sustainability of the Common Yoga Protocol (CYP) for Nursing Students: A Pathway for Long-Term Adoption and Holistic Health Promotion
- Recommended to accept the proposal. Further steps to be taken as per guidelines, suggested by the Director, CCRYN.
- A budget of Rs. 2,21,382/- was approved.
- PI: Ms. Sukhpal Kaur, NINE, PGIMER
Chandigarh

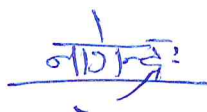
Agenda Item No. 13.08

TO CONSIDER THE NEW IMR PROJECTS

- | S. No. | Title of the Proposed Research Projects and Name of PI | Recommendations of SAC Committee |
|--------|--|--|
| 1 | Yoga for Optimal Performance & Recovery in Indian Rowers PI: Dr. K.A. Thiagaraja, Sri Ramachandra Centre for Sports Science (SRCSS) | The proposal is recommended for acceptance. Budget refinement is to be carried out as per the guidelines, in consultation with the Director, CCRYN.

Revised budget of Rs 82,05,804/- compared to earlier

budget of Rs.71,89,194/- was approved |
| 2 | Quantitative Assessment of Yoga Therapy Integration in Archery and Shooting Sports | Deferred |
| 3 | Development of Topical Sustained Release Hydrogel Therapeutics for Accelerated Healing of Burn & Frostbite Wounds and Associated Pain in Military Veterans: | The proposal is recommended for acceptance. Further budget refinement shall be carried out as per the guidelines and in |



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PI:Dr. Vinod Tiwari

consultation with the Director, CCRYN.

Revised budget of Rs 86,48,620/- compared to earlier

budget of Rs was approved

4 **Impact of Common Yoga Protocol (CYP) on Gut Microbiota, Fecal Microbiome, and Gut-Brain Axis Biomarkers Among Healthy Adults: A Randomized Controlled Trial**

PI: Dr. Vinod Tiwari

The proposal is recommended for acceptance.

Dr. Manjunath suggested that the study population be more precisely defined as *engineering/professional students* or *university students* rather than simply "healthy individuals," considering the study's focus on perceived stress, GSRS, and WHO QOL-BREF assessments.

The Committee also recommended the inclusion of the following additional components to strengthen the study design:

- A dietary record diary (food recall diary),
- A medication use diary, especially for NSAIDs and antibiotics,
- A record of vegetarian and non-vegetarian diet patterns (or grouping accordingly),
- Exclusion criteria for smokers, alcohol users, and individuals with substance abuse,

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- A baseline (0th month) and 2-month follow-up for improved tracking.

Budget refinement must be undertaken in accordance with CCRYN guidelines, with the following adjustments:

- Removal of the equipment head,
- Reduction of overhead charges to 5%,
- Timeline revision to 18 months to 2 years (to be finalized in consultation with the Director, CCRYN).

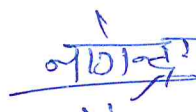
Revised budget of Rs 98,19,301/- compared to earlier

A budget of Rs 69,12,880/- was approved.

5 **Impact of a 12-Week Integrated Yoga Intervention Including Yoga Nidra on Epigenetic Modulation and Sleep Quality in Individuals with Cervical Spine Degenerative Disease: A Pilot Study**PI: Dr. S.S. Pandey

The proposal is recommended for acceptance. The Committee advised the following refinements to enhance the study's feasibility and scientific value:

- **Reduce the intervention duration** from 45 minutes to **30 minutes**, considering the sensitivity of the target group (cervical spine degeneration disease patients).

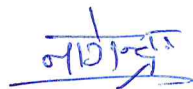


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- Limit the **intervention period to 8 weeks.**
- **Overhead charges** should be reduced to 5%.
- The **equipment head should be removed;** existing equipment available with CCRYN or CRIYN may be utilized.
- The **yoga module should be revised** in consultation with CCRYN.

The **novelty of this study** lies in its exploration of the **molecular and genetic link** between **stress and pain**, highlighting that the genes involved in both mechanisms are nearly identical—yet no previous studies have directly correlated them. As cervical spine degeneration (CSD) is a chronic pain condition, the study may provide valuable evidence to support yoga as an intervention to reduce both **stress and chronic pain** through its **molecular effects.**

The Committee approved a budget of **₹80,72,460/-** (Eighty Lakh Seventy-Two Thousand Four Hundred Sixty Only) for the study.



6 Longitudinal Effect of Short-Term (12–20 Weeks) Yoga Intervention on Cardiovascular Regulatory Mechanisms in Type 2 Diabetes Mellitus Patients: A Randomized Controlled Trial PI:Dr. Renuka Sharma, Director Professor, VMMC and Safdarjung Hospital

The proposal is recommended for acceptance. The Committee advised the following refinements to improve the study's feasibility and scientific rigor:

- Replace **IL-10, MiR-126a, and ICAM** with more reliable markers such as **hsCRP** and **NLR**, given the high variability of the former in small sample sizes.
- The Committee noted that the number of proposed parameters was excessive and recommended limiting them to a few key assessments such as **Pulse Wave Velocity (PWV), Baroreflex Sensitivity (BRS), and Nerve Conduction Studies**.
- The Committee recommended using only **hsCRP** as the primary inflammatory marker and did not approve the inclusion of cytokines in the study protocol.
- The proposed **deep freezer** was not approved, as **hsCRP testing is to be conducted on fresh whole blood samples**, eliminating the need for long-term storage.

Budget refinement shall be carried out as per these

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recommendations and in consultation with the Director, CCRYN.

The Committee **approved a budget of Rs. 52,08,657/-** for the study.

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7 **AUMYAM – Alcohol Use Management Using Yoga as an Adjunct Modality, A Multi-centric Randomized Controlled Trial** PI: Dr. Hemant Bhargav, Department of Integrative Medicine, NIMHANS, Bengaluru (Centres: NIMHANS, CCMBIY-Raipur, Rishikesh & PGIMER)

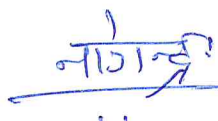
The proposal is recommended for acceptance. The Committee appreciated the submission of a multicentric study and commended CCRYN for its initiative in coordinating such a collaborative effort.

To enhance the feasibility and scientific merit of the study, the Committee recommended the following refinements:

- Project manpower should primarily consist of BNYS doctors, and recruitment of SRF/JRF is encouraged instead of yoga therapists.
- Replace serum cortisol and BDNF assessments with salivary cortisol and BDNF, considering the practical and methodological advantages.
- The overhead charges should be limited to 5%.

Budget refinement shall be undertaken in accordance with the above recommendations and in consultation with the Director, CCRYN.

The Committee approved a budget of **Rs.2,97,77,244 (Two crore ninety seven lakhs seventy seven thousand two hundred forty four)** for the study.



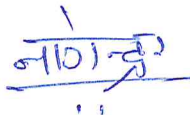
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S. No.	Title of the Proposed Research Projects and Name of PI	Recommendations of SAC Committee
	CRIYN, Nagamangala	
1	Effect of Laghu Shankha Prakshalana on Gut Microbiome and Gastric Myoelectrical Activity in Normal Healthy Individuals – Dr. Inbaraj G	The proposal is recommended for acceptance. The Committee approved a budget of Rs. 39,90,670/- for the study.
2	Integrated Yoga Therapy for Mental and Musculoskeletal Health in Older Adults: A Randomized Controlled Trial – Dr. Inbaraj G	The Committee approved the study but advised the PI to carefully plan the study site, noting that requiring elderly participants to attend CRIYN daily may not be feasible. The Committee approved a budget of ₹ 74,75,288/- for the study.
3	Yoga as a Non-Pharmacological Approach to Improve Vascular and Respiratory Health in Chronic Smokers: A Multi-Modal RCT Proposal – Dr. Inbaraj G	The Committee noted that the study included too many variables and recommended retaining only the most important ones. It suggested measuring salivary cotinine levels and deciding between iNOS and endothelin-1 markers. The Committee expressed concerns regarding the feasibility of patient recruitment and advised the PI to reconsider the study design. However, the Committee gave approval to commence the study and sanctioned a budget of ₹67,53,898/- .

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- 4 Effect of a 10-Day Integrative Naturopathy and Yoga-Based Intervention on Serum Leptin, Body Composition, and Cardiometabolic Risk Markers in Overweight and Obese Individuals: A Randomized Controlled Trial – Dr. Swathi P S The Committee suggested comparing centripetal versus centrifugal massage instead of including a steam bath, as pseudomotor sympathetic activity following the steam bath could mask the true effects of the massage.
- However, the Committee gave approval to commence the study and sanctioned a budget of **₹47,55,000/-**.
- 5 Assessment of Lifestyle, Health Status, Quality of Life, and Yoga-Related Knowledge, Attitudes, and Practices Among Women in the Rural Community of Nagamangala: A Cross-Sectional Study – Dr. Swathi P S The proposal is recommended for acceptance. The Committee approved a budget of **Rs. 1,86,000/-** for the study.
- 6 Immediate Effects of Traditional Naturopathic Massage Therapy and Steam Bath on Vascular Health in Healthy Older Adults – Dr. Inbaraj G The proposal is recommended for acceptance.
- The Committee suggested comparing centripetal vs. centrifugal massage techniques instead of incorporating a steam bath. It was noted that the pseudomotor sympathetic activity induced by the steam bath could potentially mask the true effects of the massage. The Committee approved the budget but recommended omitting the steam bath post-massage.



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The Committee approved a budget of **Rs. 1,42,500/-** for the study.

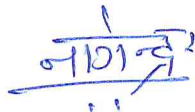
**CCRYN
Y&N OPD –
VMCC**

- 7 Effect of Trataka Kriya on Myopic Progression and Eye Muscle Strengthening – Dr. Sujatha George The proposal requires major revisions and is not approved in its current form. The Committee recommended that it be revised comprehensively and resubmitted for consideration in the next SAC meeting.

CCRYN HQ

- 8 Clinical Efficacy of Mud Therapy in Knee Osteoarthritis: An Umbrella Review Protocol – Dr. Gnanadeep The PI requested the use of Ryan Software for conducting meta-analyses. The Committee recommended purchasing an institutional license for the software and approved the study.

The proposal is recommended for acceptance. The Committee approved a budget of **Rs. 2,00,000/-** for the study.
- 9 Reporting and Data-Sharing Level of Randomized Controlled Trials in Yoga for Cancer Patients – Dr. Deendayalan B The proposal is recommended for acceptance. The Committee approved a budget of **Rs. 1,96,000/-** for the study.



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- 10 Self-Administered Acupressure for Knee Osteoarthritis: A Systematic Review and Meta-Analysis – Dr. Deepak
- The proposal is recommended for acceptance. The Committee approved a budget of **Rs. 3,84,000/-** for the study.

- 11 Integrated Yoga Therapy Lifestyle Training Center for SSB Personnel – Dr. Raghavendra Rao M

The Director, CCRYN emphasized that CAPF personnel experience heightened stress due to isolation from their families and constant deployment in conflict zones. This stress contributes to anxiety, depression, suicides, aggression, and lifestyle-related diseases, leading to a low medical category status. The Honorable Home Minister had suggested training CAPF personnel in yoga, an initiative that is already underway. However, the Armed Medical Corps of CAPF felt the need to train their doctors in yoga therapy, enabling them to prescribe yoga regimens and integrate yoga therapy into their medical practice.

The SSB conducted a pilot study where doctors were trained for a week to deliver yoga therapy training to other doctors and yoga therapists. The one-month pilot yielded positive results, including a 25% reduction in obesity rates and a 40% reduction in hypertension cases. Based on the success of this initiative, SSB requested CCRYN to set up a yoga therapy training facility at MTC Shimla and FHQs, with doctors being deputed for this purpose.

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The Committee applauded this initiative and approved the first phase budget of **Rs. 2.6 crores over three years.**

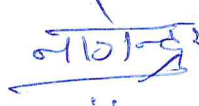
- 12 Yoga in the Management of Hypertension: A Randomized Multi-Center Clinical Trial and a Mechanistic Study – Dr. Raghavendra Rao M
- The study on Yoga for Hypertension was approved by the last SFC committee with suggestions to develop the study with experts. (Pre approved budget 4.41 crore)

The committee noted the novelty of the study and lauded the efforts of CCRYN to make the study of international standards. The committee approved the study methodology and revised budget of **Rs. 4,40,97,920/-**

- 13 CCRYN-CCDC-ICMR Systematic Reviews and Meta-Analysis of Yoga in Six Chronic Conditions – Dr. Sriloy Mohanty
- The proposal is recommended for acceptance. The Committee approved a budget of **Rs. 1,99,500 /-** for the study.

- 14 Effect of Yoga as an Adjunct Therapy on HIP2 Expression and Neuroimmune-Metabolic Pathways in Parkinson's Disease – Dr. Sriloy Mohanty
- The proposal is recommended for acceptance. To enhance the feasibility and scientific merit of the study, the Committee recommended the following refinements: conduct assessments at baseline (0th), 3 months, and 6 months. A minimum intervention duration of 6 months is required. Additionally, the study should focus on clinical and motor outcomes, the PI may explore mRNA changes.

The Committee approved a budget of **Rs. ₹70,31,114/-** for the study.



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Agenda Item No. 13.09

TO CONSIDER THE COLLABORATION WITH BIRAC (MOU WITH BUDGET) FOR YOGATECH CHALLENGE, COCREATE COURSE & ESTABLISHMENT OF 02 PILOT INCUBATION CENTERS

CCRYN, under the Ministry of Ayush, is spearheading the Yoga Tech Challenge to promote technological innovation in Yoga-based healthcare solutions. BIRAC, a leading innovation and incubation support body, has interest in partnering with CCRYN for this initiative. The collaboration aims to support innovators in developing smart, scalable yoga-based digital tools and devices aligned with public health priorities. The committee approved the grand challenge program and incubation centers in IITs in association with BIRAC and Cocreate.

Agenda Item No. 13.10

TO CONSIDER THE PROPOSAL FOR STARTING M.SC. IN STRATEGIC INNOVATIONS IN COLLABORATION WITH BIRAC, STARTUP INDIA & COCREATE VENTURES

The proposal is to launch an M.Sc. program in Strategic Innovation through CCRYN, in collaboration with BIRAC, Startup India, and CoCreate Ventures. The aim is to support students, researchers, and faculty in turning research into real-world start-ups. The program will combine academics, mentorship, funding, and hands-on support to bridge the gap between education and industry. The committee lauded the idea and approved the budget of Rs. 1.0 Crore/Fellow.

Agenda Item No. 13.11

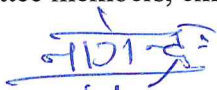
TO CONSIDER THE REQUEST FOR EXTENSION OF THE MOU WITH AIIMS RISHIKESH, PGIMER, CHANDIGARH TO FACILITATE THE COMPLETION OF ONGOING PROJECTS

The SAC agreed to give a no cost extension of 1 year for project completion in CMBIY AIIMS Rishikesh and also agreed to give extension if required by CMBIY AIIMS Raipur and PGI Chandigarh

Agenda Item No. 13.12

TO CONSIDER THE PROPOSAL FOR ENTERING INTO MEMORANDUM OF UNDERSTANDING (MOU's) WITH VARIOUS ACADEMIC AND RESEARCH INSTITUTIONS FOR THE PROVISION OF PH.D. PROGRAMS IN COLLABORATION WITH CCRYN.

The Committee commended the Director of CCRYN for initiating the proposal to enter into Memorandums of Understanding (MOUs) with various academic and research institutions for the provision of Ph.D. programs in collaboration with CCRYN. This initiative is essential for addressing the existing gap in higher education within the field of yoga & naturopathy. Dr. Manjunath, along with other committee members, emphasized the importance of establishing MD



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and Ph.D. programs under CRIYN, especially as the academic infrastructure is already developed in CRIYN Jhajjar and CRIYN Nagamangala. They also noted that these two institutes were supposed to be Post Graduate Institutes. They highlighted that similar programs offered by other AYUSH councils have successfully contributed to the creation of a skilled professional workforce. The Committee recommends proceeding with MOUs with the following proposed institutions:

- IIT Delhi, IIT Hyderabad, IIT BHU, IIT Jodhpur
- CURAJ, Rajasthan
- Sri Krishna Ayush University, Kurukshetra
- Guru Gorakhshnath University, Gorakhpur
- SGPGI, KGMU Lucknow
- Sri Devraj Urs University, Kolar,
- Sri Jayadeva Institute of Cardiology, Mysore,
- HCG and St Johns Medical College and Hospital, Bengaluru
- CCDC, PHFI, Hamirpur University, VijayaBharathi Foundation, MG Ramachandra University,
- IISc, Bengaluru, IIT Madras
- Reputed government organizations, private research institutes, and hospitals

These collaborations will help strengthen the academic and professional framework within yoga therapy and contribute significantly to the field's development.

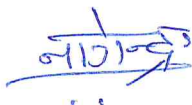
Agenda Item No. 13.13

TO CONSIDER THE PROPOSAL FOR EXTENSION OF MOU WITH UPDATED RULES AND REGULATION, DELIVERABLES FOR CCMBIY FOR PHASE II OF CCMBIY SCHEME

The Committee recommends adopting this nomenclature and structure for new CCMBIY schemes going forward and for providing an extension to the three already established CCMBIYs preferably with Ayush Departments.

Total Recurring + Non-Recurring

Grand Total A + B = Rs. 33,000,000 + Rs. 2,000,000 = Rs. 35,000,000 per institute.



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S. No	Particulars	FY01 (in Rs.)	FY02 (in Rs.)	FY03 (in Rs.)	FY04 (in Rs.)	FY05 (in Rs.)	Total (in Rs.)
1	Recurring	6,043,440	6,067,440	6,565,240	6,463,040	7,860,840	33,000,000
2	Non-Recurring	2,000,000	-	-	-	-	2,000,000
3	Total	8,043,440	6,067,440	6,565,240	6,463,040	7,860,840	35,000,000

The proposed changes reflect an increase in the total expenditure from ₹2.5 crore per CCMBIY over 5 years to ₹3.5 crore per CCMBIY. Additionally, it is required that at least one paper per year be contributed to CCRYN's Journal by each CCMBIY.

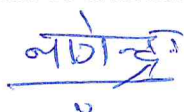
The Committee also praised the work of the Director, CCRYN, acknowledging his exceptional leadership and vision for the Council. The Chairman of the SAC Committee highlighted that, under his leadership, yoga and naturopathy have become integral parts of several prestigious hospitals, such as AIIMS and NIMHANS, thereby paving the way for integrative medicine. Both the Chairman and the Committee strongly recommended extending his tenure for at least another three years or, ideally, appointing him on a permanent basis, rather than on a tenure basis, as his contributions have proven to be invaluable to the success and growth of the organization.

Agenda Item No. 13.14

TO CONSIDER THE PROPOSAL FOR BUDGET REAPPROPRIATION AND RENAMING OF A DESIGNATED POST UNDER THE CCMBIY SCHEME AS PER ICMR GUIDELINES (SVYASA MBM HEAD for PGs , IF ESTABLISHING CENTERS WITH PVT. ORG)

The Committee considered the proposal for budget re-appropriation and the renaming of a designated post under the CCMBIY Scheme, in accordance with the ICMR guidelines. The proposal suggests re-designating the "SVYASA MBM Head" for Postgraduates, particularly if establishing centers with private organizations.

After thorough deliberation, the Committee approved the re-appropriation of the budget, ensuring the proposal aligns with the revised ICMR guidelines. The Committee also agreed with the renaming of the designated post, acknowledging that this will enhance the scope and functionality of the project, especially in the context of establishing centers with private organizations.



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The committee further emphasized the importance of compliance with the guidelines and the need for close collaboration between CCRYN and private partners to ensure the success of these initiatives.

The approval was granted with the understanding that any further budget adjustments will be made in consultation with the Director, CCRYN, and in line with the specific needs of the CCMBIY Scheme.

Agenda Item No. 13.15

TO CONSIDER THE PROPOSAL FOR STUDENTSHIP FOR CRIYN'S

The financial implication for the proposed Studentship Program at CRIYNs is ₹10,80,000 per year, supporting 12 students annually based on their applications, CV, academic record and synopsis. Each student will receive a consolidated monthly support of ₹30,000 for a duration of 3 months, amounting to ₹90,000 per student. The program is designed to introduce students to research methodology and ethics, promoting evidence-based practices in Yoga and Naturopathy. The Committee approved the budget, subject to the availability of funds and institutional capacity, ensuring the successful implementation of the program to foster early interest in research among students. **This is as per scheme prevailing in CCRAS.**

Agenda Item No. 13.16

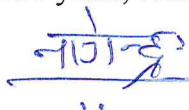
TO CONSIDER THE EXISTING SCIENTIFIC ADVISORY COMMITTEE (SAC) MEMBERS FOR INCLUSION IN THE RECONSTITUTION OF THE CCRYN INSTITUTIONAL ETHICS COMMITTEE (IEC)

After a thorough discussion, the Committee unanimously agreed to approve the proposal for the reconstitution of the CCRYN Institutional Ethics Committee (IEC). This decision will allow for enhanced review and guidance on ethical considerations for CCRYN's research projects, ensuring compliance with established ethical standards and promoting responsible research practices. The reconstituted IEC will play a key role in upholding the integrity and credibility of the Council's research initiatives.

Agenda Item No. 13.17

TO CONSIDER THE PROPOSAL FOR INITIATING A POST-DOCTORAL FELLOWSHIP PROGRAM IN YOGA AND NATUROPATHY (PDF)

The committee agreed to conduct Post doctoral fellowships in Yoga/ Naturopathy and its interdisciplinary fields on the same lines of Post doctoral fellows in ICMR and CCRAS. The total financial implication for the proposed Post-Doctoral Fellowship Program is ₹52,43,600 annually, amounting to ₹1,04,87,200 over two years, based on support for five fellows.



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Agenda Item No. 13.18

TO CONSIDER THE PROPOSAL FOR PROVIDING INTERNATIONAL TRAVEL SUPPORT TO RESEARCHERS & SCIENTIST IN YOGA & NATUROPATHY

The Committee agreed to consider the proposal for providing international travel support to researchers and scientists in Yoga and Naturopathy. It was noted that while the SERB (DST) provides International Travel Support (ITS) for mainstream science, there is currently no dedicated travel grant for researchers in Yoga and Naturopathy.

The proposal aims to provide financial support for international travel to 10 researchers per year in the fields of Yoga and Naturopathy. Each fellow will receive up to ₹5,00,000 to cover travel, registration fees, and accommodation, with a total financial implication of ₹50,00,000 annually. This initiative will help enhance research capacity and global collaboration in these fields. The scheme should be on the lines of DST SERB Travel fellowships with change in eligibility and qualifications.

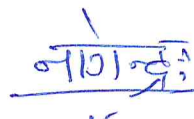
Agenda Item No. 13.19

TO CONSIDER THE REVISION OF RECRUITMENT RULES (RRS) FOR THE POSTS OF RESEARCH OFFICER, STATISTICAL OFFICER, ASSISTANT DIRECTOR (AD), DIRECTOR, AND DIRECTOR-GENERAL IN CCRYN

The Committee approved the revised recruitment rules (RRs) for the positions of Research Officer, Statistical Officer, Assistant Director (AD), Director, and Director-General in CCRYN.

S.No	Position	Existing Eligibility Criteria – Essential	Revised Eligibility Criteria – Essential
1	Research Officer (Yoga & Naturopathy)	- BNYS and Ph.D./M.D. in Yoga/Naturopathy OR M.Sc. (Yoga) and Ph.D. in Yoga or related field.	- BNYS and Ph.D./M.D. in Yoga/Naturopathy OR BNYS followed by MSc (Yoga), MPH, Nutrition, MSc (Integrative Medicine) with 03 years of experience OR M.Sc. (Yoga) in regular mode and Ph.D. in Yoga.
2	Research Officer (Yoga & Neurophysiology)	- MBBS followed by MD in Neurophysiology/Physiology.	- BNYS followed by MD in Yoga/Naturopathy with Neurophysiology outcomes in thesis.

Desirable: MD/PhD theses with neurophysiology outcomes, Experience in handling neurophysiology equipment.



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| 3 | Research Officer
(Yoga & Clinical
Psychology) | - MBBS followed by MD in
Psychiatry/M.Phil/MSc and
Ph.D. in Clinical Psychology. | - MSc in regular mode followed by
Ph.D. in Clinical Psychology OR
BNYS followed by MD/Ph.D. in
Yoga or Naturopathy OR BNYS
followed by MSc + 03 years of
experience /M.Phil/Ph.D. in Clinical
Psychology/Neuropsychology. |
| 4 | Director
/ Director-General | - M.Sc/MA in Yoga OR A
degree with a PG diploma in
Yoga/Naturopathy OR BNYS
degree.

- 16 years of experience in
research/teaching in
Yoga/Naturopathy. | - M.Sc in Yoga Therapy in regular
mode followed by Ph.D. in Yoga
(related to therapy) OR Regular
BNYS with MD/Ph.D. in
Yoga/Naturopathy.

- 12 years of experience in
research/teaching in
Yoga/Naturopathy. |
| 5 | Statistical
Assistant
/ Biostatistician | - Master's degree in Statistics
or related field with 2 years
of experience in data
handling. | -M.Sc in
Biostatistics/Statistics/MPH/Masters
in Clinical Epidemiology in regular
mode with 2 years of experience in
data handling for research studies. |

Agenda Item No. 13.20

**TO CONSIDER THE PROPOSAL FOR ESTABLISHMENT OF HIGH-ALTITUDE
RESEARCH UNIT (HARU) AT MIMC, LEH**

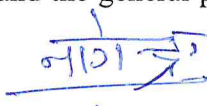
The Committee reviewed and approved the proposal for the establishment of the High-Altitude Research Unit (HARU) at MIMC, Leh, which is aimed at advancing research in high-altitude yoga and naturopathy practices.

The Committee acknowledged that the establishment of HARU will play a significant role in expanding research capabilities, especially focusing on the unique challenges of high-altitude environments. The total financial implication for the project is ₹46,17,32,14/-.

Agenda Item No. 13.21

**TO CONSIDER THE PROPOSAL FOR THE CREATION OF A HIGH-QUALITY,
FULLY ILLUSTRATED, MULTI-COLOUR, BOOK TITLED "PATANJALI'S YOGA
DARSHANA AND BHĀRATĪYA VRKṢA VAIBHAVAM**

The SAC Committee approved the proposal for creating a high-quality, fully illustrated, multi-colour book titled "*Patanjali's Yoga Darshana and Bhāratīya Vṛkṣa Vaibhava*." The book, aimed at scholars, practitioners, and the general public, is estimated to cost ₹15,00,000 per copy,



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with a total cost of ₹30,00,000 for two books. The project will serve as a comprehensive resource on Patanjali's Yoga and the tradition of tree worship in India.

Agenda Item No. 13.22

TO CONSIDER PROPOSAL OF ESTABLISHING OPD AT THE FOLLOWING INSTITUTES

The SAC Committee approved the proposal for establishing OPDs at seven institutes, including

1. St. Johns Medical College, Bengaluru
2. Jayadeva Institute Of Cardiology, Mysuru
3. IMS -BHU
4. SGPGIMS, Lucknow
5. KGMC, Lucknow
6. Government Institute Of Medical Sciences (Gims), Greater Noida, Gautam Buddha Nagar (Up)
7. Autonomous State Medical College, Lakhimpur Lucknow
8. Hamirpur University, Uttarakhand

The financial implications for the first year per institute include ₹6,00,000 for a Consultant/SRF, ₹9,12,000 for Yoga Therapists, ₹2,16,000 for an Attendant, and ₹5,00,000 for initial furnishing(one time grant), totaling ₹22,28,000 per institute per year.

Agenda Item No. 13.23

TO CONSIDER PROPOSAL FOR PURCHASING SOFTWARE FOR RESEARCH STUDIES

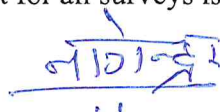
The SAC Committee approved the proposal for purchasing software and equipment for research studies, including Rayyon software at \$1999.20.

Iridoscope Maikong USB Iridology Camera (5MP, with software and accessories) at ₹70,535 each, totaling ₹7,05,350 for 10 units. The grand total is ₹7,05,350, with additional costs for flight, customs, conversion charges, and GST.

Agenda Item No. 13.24

TO CONSIDER THE PROPOSAL FOR SIGNING OF A MEMORANDUM OF UNDERSTANDING (MOU) WITH SURVEYKSHAN FOR THE EXECUTION OF NATIONWIDE SURVEYS

The SAC Committee approved the proposal for signing a Memorandum of Understanding (MOU) with SurveyKshan for the execution of nationwide surveys on the following topics: Obesity (₹45,98,944), Cancer (₹51,75,386), Rheumatoid Arthritis (₹46,51,253), and Diabetes Mellitus (₹48,37,386). The total estimated cost for all surveys is ₹1,92,62,969.



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Agenda Item No. 13.25

TO CONSIDER THE PROPOSAL FOR LOGO & FINANCIAL SUPPORT OF CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY (CCRYN)

The SAC Committee reviewed the proposal for logo and financial support from the Central Council for Research in Yoga and Naturopathy (CCRYN) for the events organized by Rotary Bangalore Global Yoga, in collaboration with Swami Vivekananda Yoga Research and Holistic Health Trust. The Committee decided **not to approve support** for this collaboration. However, the financial support for Arjyopa Healthcare LLP for the 9th World Cancer Congress, scheduled for 20-21st March 2026, focusing on "Integrative Medicine and Translational Research in Cancer," was **approved with a financial support of ₹20.00 lakhs.**

Agenda Item No. 13.26

TO CONSIDER THE PROPOSAL FOR SIGNING OF A MEMORANDUM OF UNDERSTANDING (MOU) WITH ROTARY BANGALORE GLOBAL YOGA TRUST

The SAC Committee reviewed the proposal for signing a Memorandum of Understanding (MOU) with Rotary Bangalore Global Yoga Trust. After careful consideration, the Committee decided that no such MOU should be signed at this time.

Supplementary Agenda Item No.01 (13.27)

ANY OTHER ITEM WITH PERMISSION OF CHAIR

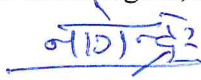
Agenda Item No. 13.27

TO CONSIDER THE EXTENSION OF DR RAGHAVENDRA RAO M AS DIRECTOR CCRYN FOR ONE MORE YEAR & PROMOTION AS DIRECTOR GENERAL

The SAC Committee reviewed the proposal for extending Dr. Raghavendra Rao M's tenure as Director, CCRYN, for one more year, along with a promotion to Director General, in accordance with DoPT norms, which permit a 2-year extension after 5 years of service. Dr. Raghavendra's current extension is valid until 17th October 2025, and the proposal aims to extend his tenure until 17th October 2026. The Chairman also recommended extending his tenure for up to 3 years or granting him continued service without a tenure limit, as is the case with NIN, Pune.

The Committee took into account the following key reasons for the proposed extension:

1. Effective training and mentoring of new recruits.
2. Successful operationalization of CRIYN centers in Jhajjar and Nagamangala.
3. Expansion of new CRIYNs in Chhattisgarh, Assam, Odisha, Andhra Pradesh, and Kerala.



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4. Growth in the number of CMBIY centers, expanding from 3 to 11.
5. Significant increase in the number of research projects and publications under his leadership.
6. Expansion of capacity-building programs.

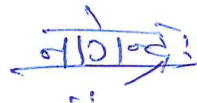
After considering these factors, the Committee unanimously approved the extension and promotion of Dr. Raghavendra Rao M as Director General, CCRYN, for the proposed period.

Supplementary Agenda Item No.01 (13.28)

TO CONSIDER THE REVISION OF QUALIFICATION AND REMUNERATION OF STAFF IN CCRYN

The SAC Committee approved the revision of qualifications and remuneration for various staff positions at CCRYN. Below is a table showing both the revised monthly salaries and the corresponding yearly financial implications for each position:

S.N o	Position	Existing Monthly Salary	Revised Monthly Salary	Yearly Financial Implicati on (₹)
1.	Yoga Instructor/Therapist (MA/MSc Yoga with 5 years experience, Add BNYS - No experience required)	₹38,000	₹50,000	₹6,00,000
2.	Trainee Yoga Instructor (MA/MSc Yoga, Fresh)	₹Nil	₹20,000 (Consolidated)	₹2,40,000
3.	Naturopathy Therapist (TATC with 2 years experience, Remove experience requirement)	₹30,000	No Change	₹3,60,000
4.	Trainee Naturopathy Therapist (On-job training for Class 10+ Pass students, Skill development) (8,000 for TATC students)	₹Nil	₹10,000 (Consolidated)	₹1,20,000
5.	Senior Research Fellow (BNYS)	₹42,000 + HRA	No Change	₹5,04,000 (+ HRA.)
6.	Project Scientist 1 (BNYS followed by MD/MSc/PhD for Research Projects)	₹Nil	₹56,000 + HRA	₹6,72,000 (+ HRA.)
7.	Project Scientist 2 (BNYS followed by MD/MSc/PhD with experience for Research Projects)	₹Nil	₹67,000 + HRA	₹8,04,000 (+ HRA.)



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8.	Consultant (BNYS followed by 8 years' experience or MD followed by 2 years' experience)	₹50,000	₹80,000	₹9,60,000
9.	Domain Expert (MD followed by 5 years' experience)	₹75,000	₹1,00,000	₹12,00,000
10.	Biostatistician/Statistical Assistant (2 years experience)	₹Nil	₹50,000	₹6,00,000
11.	Junior Engineer	₹25000	₹50,000	₹6,00,000

The Chairman of the SAC raised a concern regarding the current state of Naturopathy research and its publication in high-impact journals. He suggested that, similar to the PDF fellowship and studentship, a clause be included requiring students to publish at least one paper during their studentship and two papers during their postdoctoral fellowship. Additionally, it was proposed that recipients of the ITS travel grants should contribute at least one article to the *IJYN* (Indian Journal of Yoga and Naturopathy).

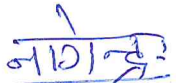
The Chairman also noted the request from newly joined Research Officers for the provision of Non-Practicing Allowance (NPA), similar to other councils. The committee recommended the same stating that the graduates are already registered under respective state councils based on the Ministry's directive and delay in statutory central regulation should not be a condition to deny them NPA as Ministry itself has made provisions for central regulation through executive order.

The committee also observed that all other councils have international collaboration and the Council must make efforts for international collaborative research, Post doctoral fellowships and workshops and training.

The Chairman invited everyone for the upcoming International conference on frontiers in yoga research and applications in December at Jigani. The committee members suggested that CCRYN should partner with SVYASA in conducting this conference on a large scale. A budget of Rs 40 lakhs for conference and pre conference workshops was recommended by the committee.

The committee commended the leadership of Dr. Raghavendra Rao, Director of CCRYN, for the significant progress in the council's research activities and publications under his tenure.

The meeting concluded with a vote of thanks to the Chair.


HR NAGENDRA
Chairman, SAC

August 6, 2025
